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Tyndall Air Force Base, Fla. *Gulf Defender*

Dec. 1, 2000

## Services improves charge card

**Maj. John G. Stutts**  
325th Services Squadron  
commander

Beginning Dec. 1, people who have a services card will be able to get discounts on the majority of programs, products and services offered by the 325th Services Squadron. The services card, commonly referred to as the "club card," has had a bad reputation because it is basically a charge card we forced people to take if they wanted to be a club member.

People have complained about the card for years and it has been a major reason why many people are not club members today. We haven't been able to eliminate the card, so we decided to see what we could do to make it better. The result is the Services Card Advantage Program.

Like many companies, we thought a change of name might be appropriate, so from now on we will refer to the card as

"the services card." But this is much more than just a name change. A services card is the key to big savings on our already low prices. For example, you can get a 10 percent discount on all pro shop items at the golf course just by showing them a services card. You can get 10 percent off the cost of food items at the pizza pub just for being a services card holder. You can save five percent on boat rentals at Bonita Bay. You don't even have to use your card to charge the items — just show them a valid services card. Visit any services facility and pick up the Services Card Advantage Program brochure with a list of all the discounts. As you will see, it won't take long for the savings to add up to much more than the cost of membership.

Does the services card still function as a club card? Yes, it does. There is nothing we can do to prevent the card from being a "charge card." But it also has advantages. First of all, it allows us to continue to have a unique institutional

piece of Air Force heritage. From the very beginning, Air Force clubs have been an integral part of our Air Force culture. The club is much more than a dining facility or a drinking establishment. It is a place where social interactions take place: award ceremonies, welcomes and farewells, commander's calls, professional education events, promotion ceremonies, change of commands, heritage luncheons and dinners and spouse events — just to name a few.

It is a place where junior members can learn our history and traditions from more senior people. The club provides an opportunity for us to have informal discussions about work and larger Air Force issues without the normal barriers of the work place. In the final analysis, it provides a unique military setting that helps us achieve the most important factors of warfare — unit cohesion and camaraderie.

● Turn to CARD Page 2

## AF clarifies AEF lengths

**Lt. Col. Bryan Holt**  
Aerospace Expeditionary Force  
Center  
public affairs

**LANGLEY AIR FORCE BASE, Va. (AFPN)** — As the Air Force prepares to enter the next Aerospace Expeditionary Force cycle, Air Force officials want to make sure airmen know what to expect for the length of their deployments.

Aerospace Expeditionary Force Center officials said the 15-month AEF cycle more accurately translates into three-month rotations instead of the 90-day concept.

The clarification is designed to provide even more predictability for the upcoming second AEF cycle, which begins today.

"One of the primary purposes of the AEF is to provide predictability

in the lives of our airmen and their families," said Brig. Gen. Dennis Larsen, AEF center commander. "We're achieving this by putting deployable Air Force members on a 15-month rotational schedule and ensuring those tasked know when they are eligible to deploy."

The AEF goal is one three-month contingency deployment every 15 months; however, the strict interpretation of the "90 days" terminology may have caused some confusion, officials said.

"We've heard of some Air Force members who have made leisure and family plans on the 91st day," Larsen said. "We want to ensure we educate all Air Force members on this issue."

For instance, in the AEF cycle, five three-month deployments cover 455 days; however, five 90-day deployments only cover 450 days. In order to

accommodate this five-day difference, each AEF deployment in the area of responsibility runs 91 days.

The three-month schedule doesn't include travel time or overlap with departing units, if required, Larsen explained. "People will most likely be deployed beyond exactly 91 days," he said.

"While we've clarified the terminology to describe AEF deployments, the Air Force leadership remains committed to the three-month tour length of a standard steady-state contingency (temporary duty)," Larsen said. "This is just an additional step to educate our people on future AEF deployments."

The AEF center, located at Langley AFB, Va., plans, configures, schedules, prepares and assesses the aerospace expeditionary forces while providing stability and predictability for Air Force people and their families.



Tech. Sgt. Sean E. Cobb

### Making the club shine...

Stacie R. Bedell, 325th Services Squadron Pelican Reef Enlisted Club food services worker, puts the finishing touches on a table for a holiday party Wednesday. The enlisted club is hosting 21 organizational Christmas parties this season, along with a full schedule of awards and graduation ceremonies.



**COUNTDOWN  
TO THE ORI...**

**33 DUTY DAYS**

# Family practice team areas relocate

**Lt. Col. Kathryn E. Hall**  
*325th Medical Operations Squadron deputy commander*

In an effort to improve patient care, on Dec. 4 the 325th Medical Group will begin a building project to facilitate patient-care flow. This project will necessitate relocation of the two patient care teams. Starting Dec. 4,

patients reporting for family practice team one need to report to the current family practice team two area located on the first floor in the east corner of the Tyndall Clinic. Patients reporting for care with family practice team two will report to the second floor of the Tyndall Clinic. Family practice team two will be located on the second floor to the right of the elevators. Active-duty members reporting

for sick call should report to their assigned team location. Signs will be posted within the facility to direct patients to the two respective team areas. The clinic apologizes for any inconvenience that may occur as the two new locations are integrated, but want customers to know they will be available to assist them in assuring they receive medical care.

## ●CARD from Page 1

Those who are club members at Tyndall enjoy good food at great prices. People also get a valuable coupon book good for even more savings at various services facilities, including the infamous “cheap golf coupon.” But wait, that is only for members of the officers’ club, right? No! Starting in January 2001, all services card holders will receive the exact same coupon book. It will be a little different than the old one, which was in reality an officers’ club coupon book. The new version will have coupons for not only the clubs and golf, but for bowling, outdoor recreation and the skills development center. In addition to the coupon book, card holders also get the advantage of member price discounts on food and programs, free membership night and a free birthday meal. So now, with the Ser-

vices Card Advantage Program, people can save lots of money. With all these advantages, I can’t see a good reason not to be a services card holder. Why are we doing this? Let me see if I can explain it. Basically, it is because services needs to make it clear to our fellow Air Force members that we are here to meet their needs, not just to make money. Sure, under today’s rules we have to make money to be able to fund the various programs and activities people like to have. As you probably know, most of our programs get very little, if any, appropriated fund support. They depend upon money we take in when people use our programs and facilities. However, making money should not be our focus. Our focus should be to offer the types of goods and services that Air Force people need and want as cheaply as

possible, and to provide outstanding customer service while doing so. Too often, services organizations at many bases have the reputation of saying “No, we can’t do that.” At Tyndall, services is focused on saying, “Yes, we can.” Of course there are some things we cannot do, but in many cases we can get pretty close to what the customer wants. Instituting the Services Card Advantage Program is a big step in this direction. If you do not have a services card I highly encourage you to apply for one. You don’t have to use it as a charge card and you will be able to save on many of the activities you participate in around the base. You will also be supporting the heritage of the Air Force and helping to build that heritage for the future. For more information, call the services squadron marketing office, 283-4565, or any facility manager.



# Changes initiated to dental coverage plans

*Courtesy of the 325th Medical Group dental clinic*

Beginning Feb. 1, the TRICARE Dental Program will replace both the TRICARE Family Member Dental Plan and the TRICARE Selected Reserve Dental Program. This will mean important changes to enrollment procedures beginning Nov. 18.

Currently, sponsors must enroll their family members in the TFMDB through their local uniformed services personnel offices by completing a DD Form 2494 or 2494-1. Enrollment in the TSRDP is administered directly through the contractor, Humana Military Healthcare Services, Inc. Under the new TRICARE Dental Program, the dental insurance administrator, United Concordia Companies, Inc., will directly administer all enrollments.

Individuals currently enrolled in either the TFMDB or TSRDP will be automatically transferred to the TRICARE Dental Program on Feb. 1. Active-duty sponsors of family

members not currently enrolled in the TFMDB who desire dental coverage prior to Feb. 1, must complete an enrollment application, the DD Form 2494 or 2494-1, at their supporting personnel service center by Nov. 17.

After Nov. 17, the uniformed services personnel offices will no longer accept new TFMDB enrollment applications — thus, new enrollment in TFMDB terminates Nov. 17. New enrollments in the TSRDP also terminates Nov. 17.

Starting Nov. 18, all enrollment applications will be for the TRICARE Dental Program only, and must be submitted directly to UCCI. In order to receive TRICARE Dental Program coverage at the start-up of the program Feb.1, new enrollments must be received at UCCI by Jan. 20.

TRICARE Dental Program enrollment applications are available by calling UCCI, (888) 622-2256, or by visiting your local health-benefits adviser, dental treatment facility or uniformed services personnel office. For individuals with

internet access, TRICARE Dental Program enrollment applications will be available to download online at [www.ucci.com](http://www.ucci.com), beginning Dec. 1.

In addition to these changes to the program, TRICARE Dental Program enrollment applications must be accompanied by one month's premium payment. Subsequent premiums will be paid through either payroll allotment or deduction, or in certain cases, by direct billing.

After Feb. 1, TRICARE Dental Program enrollment applications must be received at UCCI by the 20th day of the month for coverage to begin on the first day of the next month. Due to processing requirements, applications received after the 20th day of the month may result in coverage not becoming effective until the first day of the second month.

For more information on the TRICARE Dental Program and the current changes, call UCCI, (800) 866-8499 or visit UCCI's web site at [www.ucci.com](http://www.ucci.com).

# Tyndall countdown actions for ORI

*Courtesy of the 325th Fighter Wing Operational Readiness Inspection preparation office*

This is the first of a weekly series of articles that will provide a list of daily actions to help ensure we are ready for the Air Education and Training Command Operational Readiness Inspection Jan. 21.

●DAY 33, Friday — Review inspection reports — Find the time today to review your latest self-inspection report, your part of Tyndall’s 1998 ORI report which can be found on Tyndall’s ORI preparation web page, and observer reports from other bases’ ORIs. Look closely at common deficiency items and strong areas such as commendables and best practices.

Look at other AETC wings’ ORI reports. These are also on Tyndall’s ORI preparation web page. See if you can spot any trends in your area of expertise. Check recommendations you made in self-inspection write-ups are working. Make sure any write-ups from our 1998 ORI have been cleared.

●DAY 32, Monday — Cross Talk — Call your counterparts at other AETC bases and ask them about their last evaluation. Some of the latest to

be inspected are Laughlin AFB, Texas; Little Rock AFB, Ark. and Randolph AFB, Texas. If someone in your career field owns a best practice program, call them and discuss the merits of their program.

●DAY 31, Tuesday — Training Day — Review all training documentation. Are all assigned individuals correctly certified and documented to perform each duty? Have all certifiers and trainers attended the Air Force Training Course or its equivalent? Are the certifiers and trainers appointed in writing by the squadron commander? If you have any questions, contact your unit training manager. Look at the on-the-job training program. All unit training managers should conduct informal section visits to ensure that documentation on Air Force Form 623, *On-the-Job Training Record*, is in accordance with Air Force standards. According to the Jan.-Feb. 2000 issue of the “TIG Brief,” the administration of the OJT program and the documentation on the AF Form 623 in most units do not meet Air Force standards.

●DAY 30, Wednesday — IMPAC program — Are IMPAC card holders coordinating with specified agencies when purchasing items such as visual information, potential hazardous materials and communication and computer equipment and software? Are all accountable equipment items purchased using IMPAC properly recorded on the organization’s accountable records?

●DAY 29, Thursday — Supply Accounts — Review supply accounts like your paycheck depended upon it. Can you account for every item on the customer account/custodian records listing? Are there items on the CA/CRL that cannot be accounted for? Accomplish a complete inventory.

●DAY 28, Dec. 8 — Computer Security Day — Is the most current version of anti-virus software installed and used on all Automated Information Systems and networks? If you are unsure, ask your information management technician. Are warning banners used on all AISs and networks? Are removable magnetic media, 3.5 discs and removable hard drives properly labeled with at least the classification, owning organization and special caveats such as Privacy Act data? Is only authorized software loaded on government computers?

## Tyndall members score high on CDCs

*Courtesy of the base enlisted specialty training office*

Nearly every enlisted Air Force specialty has a career development course that is used to enhance a member’s knowledge of their career field. In addition to on-the-job training and time-in-grade requirements, a member’s completion of their CDCs is a requirement for upgrade training.

The following Team Tyndall members who tested from July-September not only met the minimum score of 65 percent, but they surpassed it by scoring 90 percent or above.

### July

**Airman Karl J. Willis**, 81st Test Support Squadron

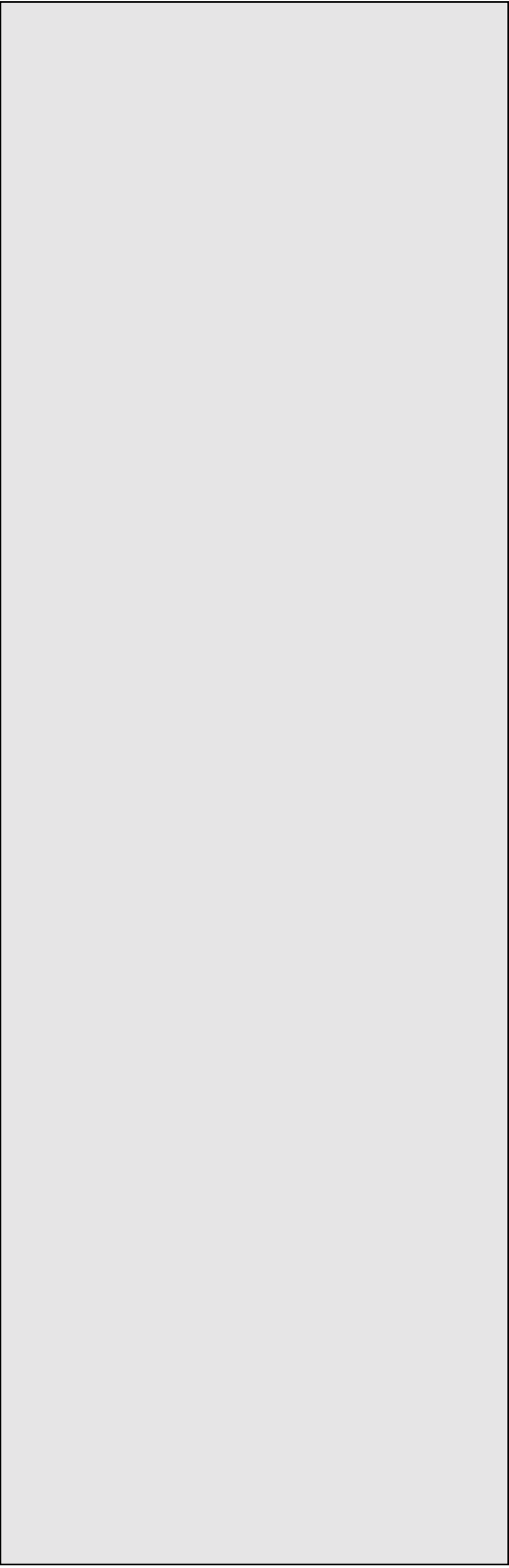
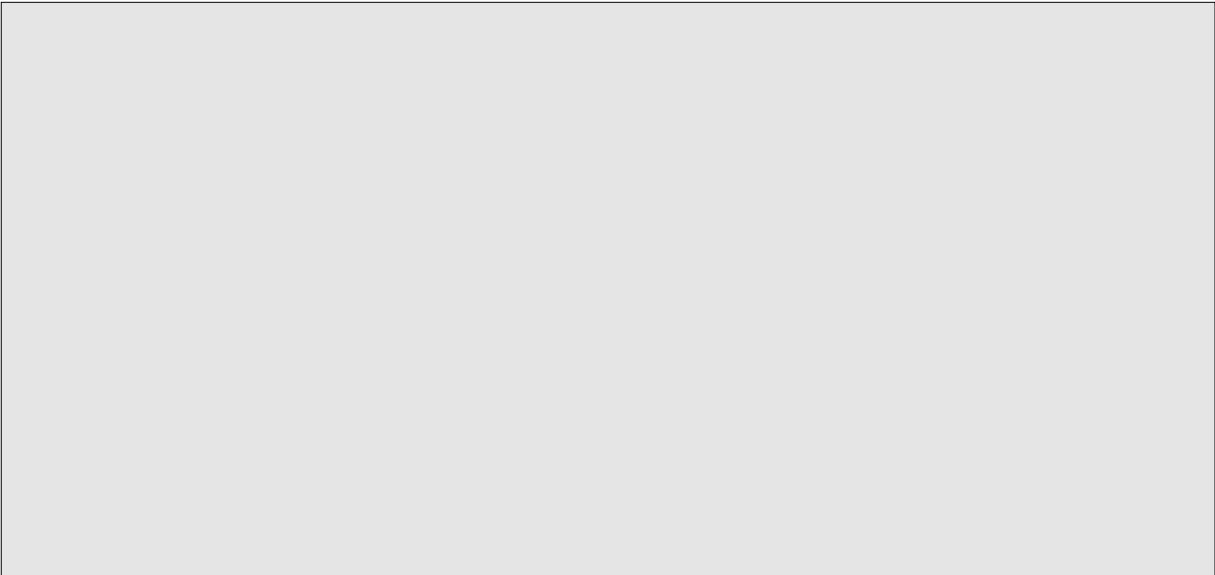
### August

**Airman 1st Class Anthony J. Beauchamp**, 95th Fighter Squadron; **Airman 1st Class Bradley J. Knudson**, 325th Training Squadron; **Airman 1st Class Timothy E. Parker**, 325th Medical Group; **Airman 1st Class Robert L. Tiffany**, 325th Communications Squadron; **Airman 1st Class Frederick J. Yi**, 325th Security Forces Squadron; **Staff Sgt. Gary A. Axley**, 325th Mission Support Squadron; **Staff Sgt. James W. Breeden**, 325th

Services Squadron and **Staff Sgt. Shawn C. Hamel**, 325th Logistics Support Squadron.

### September

**Airman 1st Class Andrea M. Argrett**, 325th TRS; **Airman 1st Class Donnie G. Bryant**, 325th Civil Engineer Squadron; **Airman 1st Class Nichole L. Byrd**, 325th Maintenance Squadron; **Senior Airman Kelly Miafarah**, 325th SVS; **Staff Sgt. Shane R. Correia**, 325th MSS; **Staff Sgt. Edward M. Flanders**, 325th SVS; **Staff Sgt. Eric J. Yingling**, 325th CS; **Master Sgt. William T. Mayes**, 1st Air Force and **Tech. Sgt. Keith L. Wade**, 325th MSS.



# Viewpoint

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The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129, or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.

### Safety stats

Category	'00	'99	Trend
On duty	1	0	+1
Off duty	7	6	+1
Traffic	3	1	+2
Sports	3	5	-2
Fatalities	1	0	+1
DUIs	13	7	+6

# Commander's Corner:



**Brig. Gen. William F. Hodgkins**  
325th Fighter Wing  
commander

I hope everyone enjoyed their Thanksgiving Holiday as much as I did. Before we launch the next holiday schedule, however, we have to put on our game faces and get down to serious Operational Readiness Inspection preparation.

During the next two weeks we're going to run the gambit of possible scenarios we might see during the ORI. The key will be to stay focused on the objectives at hand, do our jobs well, do them safely and with a sense of urgency.

It's been said "it's better to sweat in peace than to bleed in war," and that's why we work so hard to achieve the very best during training and the upcoming ORI.

The next two weeks are extremely important. First, we need to put the finishing touches on the way we respond to scenarios the ORI team will throw at us. Second, we need to ensure any tweaks we've made are still working. Finally, continuity changes as people PCS, therefore we need to get our new members ready for game day.

The spins are on the street, our Exercise Evaluation Team is ready to go, so it's time to finalize our prep and get it done right!

By the way, keep watching the *Gulf Defender* for a weekly ORI countdown article. Our goal is to provide as much assistance as you need to make this a total success. This week the article is on Page 4.



**Brig. Gen. Hodgkins**

Even in the holiday season, Tyndall is a busy place. Key Air Force civil engineering leaders from the Air Staff and major commands, including The Air Force Civil Engineer, Maj. Gen. Earnest O. Robbins II, met here this week as the Air Force Civil Engineer Support Agency hosted the annual Civil Engineer Worldwide Conference. The gathering marked the return of the conference to Tyndall for the first time since 1997; it was held in San Antonio, Texas the past two years. The conference, which began Tuesday and wraps up today, provided a forum for in-depth discussions and decisions on the full spectrum of civil engineer support to the Expeditionary Air Force as well as key issues affecting the career field.

During this holiday season, we all tend to get wrapped up in the hustle and bustle of Christmas shopping, decorating, attending parties... and don't forget, helping others. There are so many great causes to be involved in, but I want to highlight one for Team Tyndall members — the Annual Airman's Christmas Cookie Drive. When you're baking your holiday goodies, I encourage you to think about the troops in the dormitories, many of whom are far from home. Giving them some cookies, a little piece of home, is a really great way to let our young men and women know how much we appreciate them. For more information on the drive, look on Page 6.

Have a great Air Force week!

## Action Line



Lisa Carroll

**Airman 1st Class Nichole B. Fleming, 325th Maintenance Squadron precision guided missiles maintenance crew member, is presented with a certificate for scoring more than 90 percent on her career development course test by Col. Armand P. Grassi Jr., 325th Logistics Group commander.**

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first

sergeants or facility managers. If you're not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For **fraud, waste and abuse** calls, you should talk to the office of inspections, 283-4646. Calls concerning **energy abuse** should be referred to the energy hot line, 283-3995.

**Brig. Gen. William F. Hodgkins**  
325th Fighter Wing  
commander

**Q: I would just like to compliment Jack Mobley and the Natural Resources staff for bending over backwards helping our kids with the Youth Deer Hunt they have on base. It is a fantastic program and my son has had the opportunity to participate for the last two years. It is a first class operation you have at Tyndall.**

**A:** Thank you for taking the time to acknowledge one of our world-class operations at Tyndall

— the civil engineer natural resource staff. These dedicated professionals consistently work hard not only to protect our fragile environment but also to educate the base populace and local community on the variety of wildlife residing on the Tyndall Reservation. I encourage all members of Team Tyndall to take full advantage of the wonderful programs the natural resource staff offers. Once again, I appreciate your positive comments.

## Tyndall's chapel schedule

### Protestant

Communion Service: 9:30 a.m.  
Chapel 1  
General Protestant Service: 11 a.m. Chapel 2  
Sunday school: 9:30 a.m.  
Kids' Club: 2:45-5:45 p.m.  
Wednesday

### Catholic

Daily Mass: noon Monday through Friday, Chapel 2;

Reconciliation: 4 p.m. Saturday  
Mass: 5 p.m. Saturday, Chapel 2  
Mass: 9:30 a.m. Sunday, Chapel 2  
Religious education: 10:50 a.m. Sunday  
Chapel 2: 283-2925  
**Other faith groups:** Call 283-2925

## Tyndall Pride

*The sleeves of the flight suit will not be rolled or pushed up at any time.*

— AFI 36-2903.



# One airman’s journey toward physical fitness

**Tech. Sgt. Sean E. Cobb**  
*325th Fighter Wing*  
*public affairs*

I have a confession to make... I used to be an Air Force couch potato. You know the kind. I was so tired when I got home from sitting in front of my computer at work I would fall into my lounge chair and watch TV until bedtime most days. I didn’t have much time for exercising, but hey, I passed the cycle ergometry test every year didn’t I?

No playing ball with the kids, bicycling down to the park or jogging around the block for me — I was exhausted already. How could I be expected to exercise when I was putting in long hours at work and busting out heavy loads of paperwork left and right?

Then my squadron initiated a mandatory fitness program. What’s up with this, I thought. I was over tasked as it was. Didn’t they know I had work to do? But here it was, I was going to be required to exercise twice a week for at least 30 minutes each time, and they were even encouraging me to exercise more on

my own time! Right, like that was going to happen.

Still, I have impressionable young troops working for me, and it was mandatory... so I put down my coffee cup and doughnut and headed for the gym. Man, was I tired when I got there. I had to walk in from the far end of the parking lot because a bunch of other people from the squadron were already there. I wonder if I could have started the stopwatch on my 30-minute exercise time when I left my car. I was a little out of breath from the walk...

So there I was, standing in front of a stairmaster. When I was younger (hey, I’m over 30 now), I used to be pretty good at that, so I figured why not give it a try — at least it wouldn’t be that wimpy cycling everyone else was doing. Besides, I noticed ruefully, all the exercise bikes were taken.

Big mistake. I hadn’t worked out since my last cycle ergometry test and my calves were screaming the next morning. I’m not going to tell you what they were screaming. I thought, great, I’m tired all the time, like before this exercise program, and now I’m sore and I smell like *Icy Hot*

sports cream!

Well, I continued to work out and after a few weeks I didn’t need quite so much of that *Icy Hot*. As a matter of fact, I started feeling better. I was getting more work done and I still had energy left to play with the kids. I even felt good enough to stay up late and make it to the end of Monday night football games!

Before long I was eating healthier, drinking more water and less sodas and coffee. I was feeling good and working out in excess of the mandatory one hour a week. I was lifting, biking, playing basketball, rowing and playing tag and hide-and-seek with the kids. Instead of ingenious torture chambers, the fitness center and the health and wellness center became some of my favorite places on base.

Now I don’t want you to get the wrong impression. I wasn’t turning into Mr. Universe or Billy Blanks. Everything I was doing was in moderation, and I was still taking plenty of time for work and other activities in my life. I was just doing them more actively.

And I was enjoying it. I even

started running in the mornings before I went to work — what a rush to get going for the day.

Then the axe fell. At least I thought it did. Just when I thought I had the bike test beat and I was going to start scoring in the top 99.99th percentile of the people in the Air Force, it was announced we would have to start doing crunches and push-ups with our annual fitness test.

We had to do how many in two minutes? No problem, I will just take a break halfway through. What!? The rest position was in the up position? Who do these people think we are, Arnold Schwarzenegger?

I stopped cycling for a minute in shock, and picked up a doughnut. This was going to take some extra protein. Then I thought, might as well give it a try, see where I stand.

So I dropped to the mat and grunted out some crunches. They would probably be the hardest for me as I didn’t exactly have six-pack abs yet. And hey, I wasn’t that far off. Maybe after a few weeks of practice I could beat the two minutes without my stomach muscles walking out in protest. So what if people were

looking alarmingly at the mats under the stairwell and someone started dialing 911? I started smelling success, or was that *Icy Hot* again?

Now for those nasty little push-ups... Well, turned out I was right in the zone on those, it must have had something to do with the fact that every time I hit the floor at home for a few push-ups the kids piled on my back for a ride. I guess I’ll have to buy them a happy meal or something to say thanks.

Yes, I used to be an Air Force couch potato. But the bottom line is this; after exercising for just a couple of weeks I started feeling better, and feeling better about myself. Today I am energized and ready to put in a full day’s work, exercise and lead an active life style with my family. I feel good about encouraging my co-workers to participate in the fitness program, because I know it can work.

I would also encourage you to check out the gym or fitness center. Who knows, maybe you will be the next Mr. Universe or Billy Blanks.

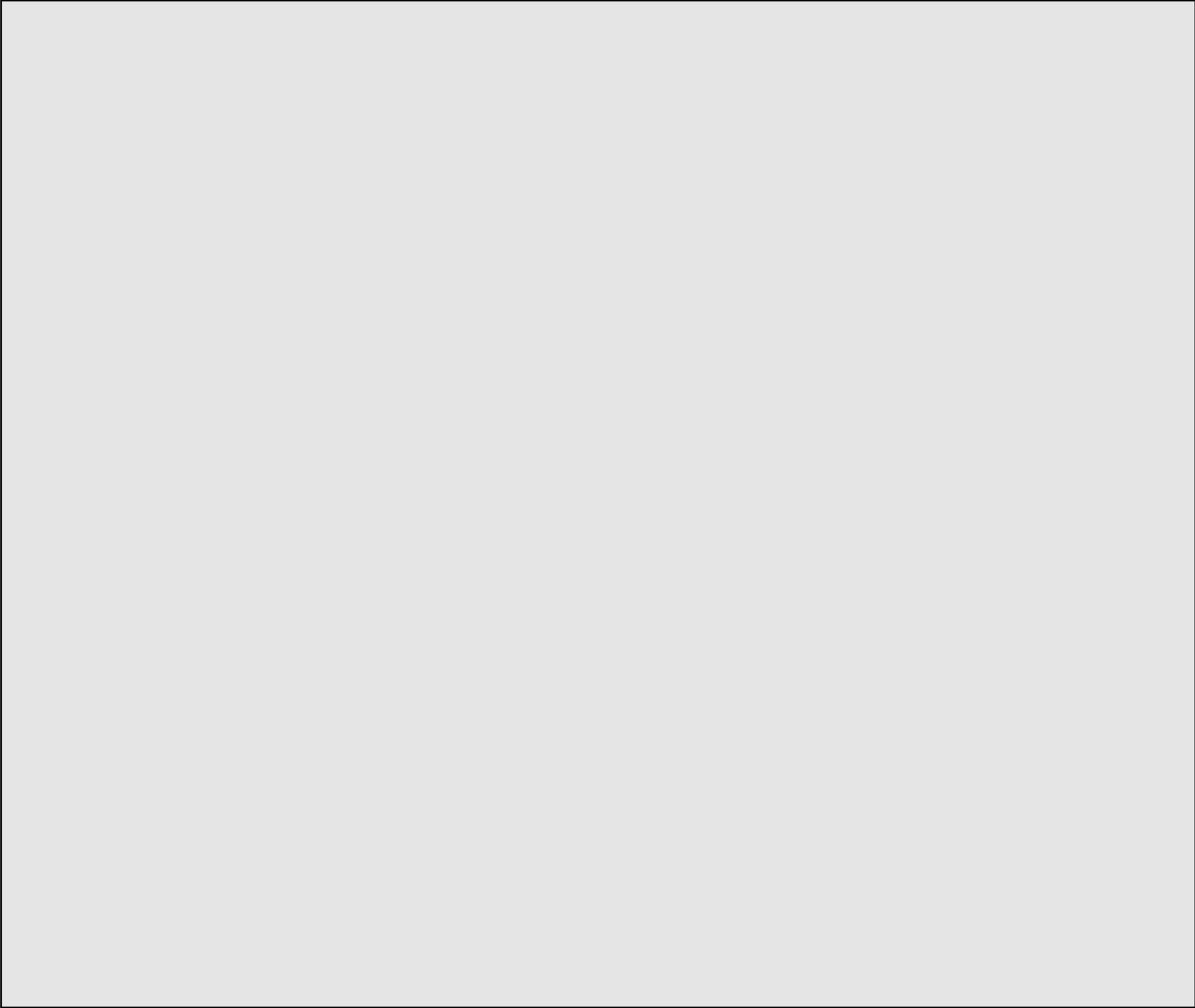
Until then, when we do use the couch to relax, it could be with the satisfaction of a day well done. See you at the fitness center!

## Annual airman’s holiday cookie drive kicks off

The Annual Airman’s Christmas Cookie Drive will take place Dec. 18. Home-baked cookies will be wrapped and delivered to airmen living in the dorms.

Bakers and workers are needed to help make this event successful. Cookies can be dropped off at the back of the commissary beginning 7:30 a.m. Dec. 18. Freezer space is available if you are baking ahead and need storage. For freezer space, please call any of the following people: Robin Stutts, 286-3511; Susie Shuggs, 286-9745; Martha Hodgkins, 286-3888 or Kim Rock, 913-8460.

Help is also needed organizing and packing the cookies so they may be delivered to the dorms by first sergeants later that morning. If you are able to help, please join us at the back of the commissary 7:30 a.m. Dec. 18. If you have questions, please call Ruth Bledsoe, 286-6167 or Robin Stutts, 286-3511.



# Cool weather brings carbon monoxide dangers

**Tech. Sgt. Michael A. Ward**  
*Air Force Civil Engineer Support Agency public affairs*

Fall is here, and in some places cooler weather has set in. But cooler weather could be accompanied by an unexpected danger — carbon monoxide poisoning.

Carbon monoxide, often called the silent killer, is produced by the incomplete burning of fossil fuels

such as gasoline, natural gas, oil, propane, coal or wood. The biggest culprits in homes are fossil fuel burning furnaces, fireplaces and stoves.

Carbon monoxide is a colorless, odorless, tasteless gas. Symptoms of poisoning include nausea, dizziness or headaches, drowsiness, inattention or fatigue. More serious symptoms include lack of coordination, weakness and confusion. The effects of mild poisoning can be reversed if

caught in time. However, severe poisoning can result in brain or heart damage or even death.

Two years ago, a Navy petty officer, his two children and two step-children died from carbon monoxide poisoning at Meridian Naval Air Station, Miss. Shortly thereafter, separate cases of carbon monoxide poisoning were reported at Charleston AFB, S.C. — no one died, but family members became ill.

Because of those incidents, the

Navy ordered carbon monoxide detectors installed in 75,000 of its housing units. Last year the Air Force began installing alarms in all housing units that burn fossil fuels.

Carbon monoxide alarms, however, have a history of activating prematurely even though there may not be a significant amount of carbon monoxide present.

“Carbon monoxide alarms are a developing technology, not a refined technology,” said Jerry Doddington,

a heating systems specialist at the Air Force Civil Engineer Support Agency. “But the feeling is, if we can provide an increased level of protection for our housing residents then it’s worth it.”

Alarms installed in Air Force housing are newer models that meet Underwriter Laboratory’s updated standards. Those standards help reduce false alarms by requiring detectors to sound when potentially threatening levels of gas are present for an extended period.

Every house on Tyndall AFB has a carbon monoxide detector installed, according to Tyndall housing officials. In the event that a carbon monoxide detector goes off, dial 911 to report the problem and vacate the house. The fire department will respond and investigate the problem, as well as give instructions on what to do. If you experience any problems with a carbon monoxide detector, call DGC, 286-6495.

While alarms offer a greater sense of security for housing residents, Doddington said the focus in the Air Force is on eliminating the problem; faulty heating equipment.

“An alarm is not a solution to the problem, it’s only a signal that there is a problem. The best solution is proper inspection and maintenance of the fuel-burning equipment in the house,” Doddington said. Air Force policy now requires yearly routine inspection of furnaces in military housing.

Although most off-base communities have not mandated carbon monoxide detectors, there is some demand for them from homeowners and renters. Detectors cost between \$40-\$60 and can be purchased at most hardware stores. Doddington said consumers should look for brands that are Underwriter Laboratories standard 2034 approved.

## Base Christmas tree lighting

*Don't forget the base Christmas tree lighting ceremony 5 p.m. today at the base Christmas tree across from Flag Park.*



# Features

## Airmen from all across the world come together to learn bare-base operations, because they hit the ground running... From Day Number One

**2nd Lt. Chuck Lee**  
*325th Fighter Wing public affairs*

Where's the beef? Want seconds on the ribs? Around Tyndall, Prime BEEF and RIBS aren't just things you might find in your favorite grocery store's meat department. They're people, and believe it or not, they're just east of the flightline.

The Silver Flag training area is the training ground for the Air Force's contingency responders in the civil engineering and services career fields. Detachment 1 of the 823rd RED HORSE Squadron, a tenant unit at Tyndall, is one of the major trainers of civil engineering, Prime BEEF, and services, Prime RIBS, teams.

Deployed together, the Prime Base Engineering Emergency Forces (there's the BEEF) and the Prime Readiness in Base Services (and here are the RIBS) are the first troops on the ground to set up contingency bases anywhere in the world.

"The purpose of this detachment is to prepare deployable teams to provide expeditionary combat support any time, anywhere," said Lt. Col. Nathan G. Macias, Det. 1, 823rd RHS commander.

The 823rd RHS trains approximately 150 civil engineering and 30 services troops per training week, for a total of roughly 5,500 to 6,000 per year. The students are drawn from active-duty, reserve and guard units across the Air Force.

The Prime BEEF and Prime RIBS teams train together. Why? Because in a contingency environment, these two hit the ground working hand-in-hand to make sure everyone has the items vital to get a bare-base operation up and running. This training gives them a chance to get up close and personal with their deployed jobs.

"People don't have to worry about everyday distractions. They can concentrate on getting hands-on training with the assets they'll see in a contingency environment. It's a dedicated time for them to practice skills that they don't use in their everyday work setting," said Chief Master Sgt. Randy F. Jones, Det. 1, 823rd RHS site chief.

### Prime BEEF

The BEEF teams make up the majority of the students trained at the Silver Flag site. These teams represent 13 different specialties within the career field. The curriculum at Silver Flag covers all major civil engineering aspects of bare-base bed down and base recovery. Students cover areas of expertise such as water purification, shelter construction, electrical power production/distribution and fire-fighting.

Prime BEEF students also get practical training in rapid runway repair and marking, as well as setting up mobile runway lighting and aircraft arresting gear.

"Prime BEEF teams are much more than an emergency engineering force. They can also respond to area natural disasters and situations other than war," Jones said. "The training is great. We get our hands on equipment that we don't see at our home base," said Senior Airman Lyle Armstrong, an Explosives Ordnance Disposal journeyman from the 436th Civil Engineering Squadron at Dover AFB, Del.

### Prime RIBS

These teams get practical experience in setting up all of life's necessities at a forward air base. Students learn and practice skills necessary to establish and maintain a livable bare base. Everything from food service to mortuary affairs is covered in the curriculum. Prime RIBS team members learn how to set up mobile kitchens, dining facilities, morgues, field shower and shave units, field latrines and recreation facilities. Prime RIBS students even learn how to establish and maintain their own field exchange during the weeklong exercise.

"The RIBS teams provide the sustainment of the force... lodging, feeding, mortuary and recreation, necessary to keep the mission going," Macias said.

### We are family

Students are exposed to the feel of an operational field deployment in a host country. Training staff role-play, acting out the parts of foreign host military and government officials. This way students are exposed to situations where they must interact with host personnel and sister service members on a variety of issues ranging from logistics and supply to fire protection and security.

"I see it as a great way to allow these men



Photos by 2nd Lt. Chuck Lee

**Prime BEEF fire-prevention team members fill their fire truck with water in preparation for fire-fighting exercises. About 5,000 to 6,000 students a year attend the Prime BEEF and Prime RIBS courses.**

and women to show off what they know," said Col. Joseph Drobezko, 436th Support Group commander, Dover AFB, Del. "It's good to see these people training together, learning what they can do in this environment," said Drobezko, who attended one of the Silver Flag exercises as the deployed forces commander.

"The BEEF and RIBS teams are very dependent on each other," Macias said. "Without power, water and other utilities, services folks can't do their jobs. On the other hand, without hot food, a place to lay your head and recreation as a release from a stressful environment, the civil engineers couldn't do their jobs."

The Silver Flag site also provides field and mobility training to chaplains, medical specialists, security forces, public affairs and even personnel troops.



**A civil engineering team member prepares to break ground for tent setup.**



**A Prime RIBS team comes together to set up a mobile kitchen and dining facility. Troops attending the training receive instructions in all aspects of bare-base setup and maintenance.**



# Airman gives more than 'I for an I'

A lot of people expect something in return for their acts of kindness, but one Tyndall troop proves that the gift of giving is better than receiving.

**Airman 1st Class Russell Crowe**  
325th Fighter Wing  
public affairs

Call it pride, professionalism or just luck. But Staff Sgt. Amy Cruz makes impressions.

And those impressions speak volumes. Cruz, a 325th Communications Squadron automated data processing equipment alternate equipment control officer, has been involved with just about every volunteer organization there is — and she's done it all under adverse circumstances.

Cruz has spent the majority of her military career a single mother. Somehow she's still managed to find time during her assignment here to balance work, children and friends, all while helping those in need.

"I felt like I was a burden to the Air Force as a single mother, but then my supervisors made me feel differently," she said. "The management here let me know that as long as I did my job, as long as I gave 100 percent, they'd give me what they had. That's what really helped me. I really believe supervisors are the ones who make it possible for troops to participate in things going on.

"At first I just couldn't balance volunteering and having children," she added. "My career actually suffered because of it. I wasn't able to take part in as many community activities as a well-rounded, good airman should."

Hard times as a single mother and a busy work schedule made the early years of her Air Force career extremely difficult.

"Having kids is actually a lot of fun, but it's a lot of work. I got divorced when I was 22; there I was, a relatively young kid myself. It was very overwhelming, really frightening and very hard trying to have a career and have kids of my own."

But she always remembers and credits her supervisors as the driving force that got her started and on the right foot.

"The big change for me was when I came here to ADPE. My supervisor and the management believed in me and gave me a chance. They gave me time to do things I always wanted to do. They encouraged me and made me believe that I could do things. So I got involved with the booster club, the Unit Advi-

sory Council, those kinds of things. I just started wetting my feet and finding out what kind of things were going on around the base.

"It kind of lit a fire inside of me because once I started getting involved I saw there was this whole world I could be involved in," Cruz continued. "I had kept myself and my children away, sheltered, and there was this world and I could be part of it. I was really excited to do it. I just got involved in one thing after another and it just kept going."

Cruz, who is Puerto Rican, but was raised in Ohio, believes airmen should get involved with their community. Otherwise they're doing an injustice to the area and themselves.

"There's a world out there besides you and your interests," she said. "There are people who need help. There are many things people can do to give their time. This community gives a lot to us; we really need to give them back as much as we can.

"Yes, we're a great driving economic force. Sometimes it really burns me up, because I hear people saying 'If Tyndall left, this community wouldn't really be anything.' But these people support us and help us. We should give back every chance we get. You're young, you're in the dorms; get out there, see the world, talk to people, get to know your community and know what you're part of."

Cruz says the greatest thing about being stationed here is the geography.

"My favorite part of being at Tyndall is the location. My family is in Tampa and I'm close enough to them, but like everyone wants to be, I'm also far enough away. Plus, I like the area a lot. It's not as hectic as it is in southern Florida. We also get a little more of a seasonal change than they do."

Cruz, who turned down an academic scholarship to Kent State University following high school, is pursuing a degree in journalism and seeing what opportunities are available to her.

"I was going to be the first person in my family to go straight to college from high school," she said. "I had been sheltered as a child, so I was ready to play and to have fun. But after I did that for a year, I found out that I had gone absolutely nowhere. I don't regret giving up that scholarship, because it

made me decide I would give my time to the military, partly to buy some time and decide what I wanted to do with my life and partly to serve my country."

And serving her country, as well as her neighbors and anyone in need, is where you'll find her. But be careful, she'll leave an impression that you won't soon forget.



Airman 1st Class Russell Crowe

**Staff Sgt. Amy Cruz works in her office. Cruz volunteers all over the local area, both on-base and off, to help others.**



2nd Lt. James E. Smith

**Middle: Staff Sgt. Amy Cruz picks up trash around Tyndall. Bottom: Airman 1st Class Stephanie Fitch and Staff Sgt. Amy Cruz track computer purchases.**



2nd Lt. James E. Smith

# Driving under the influence a risk to all

**Staff Sgt. John Garner**  
*325th Fighter Wing  
safety office*

We all know what “DUI” stands for. Driving under the influence is all too common. Most of us have had experiences with drivers under the influence. Unfortunately, if you haven’t yet, statistics show you will.

If you’re lucky, you and your passengers won’t be injured. I recall several experiences driving down the road late at night with a nearby vehicle being operated in an erratic manner. Even if you are a good driver, your safety and that of your passengers is greatly diminished by events you have little control over.

To curb the instances of DUI, there are several ways that a drunk driver can get caught. Some of them are by a traffic stop, an accident or by the public reporting them using cell phones.

If you have a cell phone you can call \*DUI and report a suspected drunk driver to authorities. This program is available throughout Bay County and provides law enforcement authorities with more opportunity to remove drunk drivers

from the road.

What happens to drunk drivers once police make contact with them? The officer makes an immediate assessment of the situation by observing the manner in which the individual is operating the car. If the individual is operating the vehicle in an unsafe manner, the officer initiates a traffic stop.

If there are other indicators the driver is under the influence, he or she is taken into custody. This involves searching and handcuffing the individual, and in some cases, having the vehicle impounded at the owner’s expense.

At this point, the individual will usually ask why they are being treated like a criminal. Technically, they are not being treated like a criminal, they are being treated like an individual suspected of a crime.

It is a crime, isn’t it? Driving under the influence does compromise the safety of the public, doesn’t it? Last time I checked, drunk drivers are still the major cause of death on our roadways and it is against the law of the land.

I do not feel sorry for drunk drivers prosecuted at Tyndall. These

are individuals who consumed alcohol and operated a motor vehicle, placing the lives of everyone on the roadway at risk.

After the suspect is arrested, the individual is processed. Evidence is gathered usually in the form of breath or blood samples. If the individuals refuse to give these samples, conviction is still possible, based upon the officer’s observations.

Additionally, a refusal can mean a year of revoked driving privileges under the implied consent law.

After processing, if the individual is a military member, they are released to their first sergeant or commander. If non-military, a sponsor or civil authorities take custody of the individual.

Humiliating? Sure it is. And there is more. There will be court appearances, judgments, fines and imprisonment, if appropriate.

The bottom line is a hazard is removed from the roadway in the interest of public safety. After all, one goal of law enforcement authorities, and all Tyndallites, is to create a safer place to live and work. Let’s work together to realize that goal.

# TRICARE explains medical care actions for travelers

Courtesy of Tyndall TRICARE office

With the holiday travel season just around the corner, it’s good to know that your TRICARE health plan has you covered if you need medical care while you are traveling away from home. Just follow the guidelines below to make sure you get maximum benefit coverage.

**Non-resident TRICARE Prime**

**members**

Under TRICARE, valid emergencies for TRICARE Prime members traveling away from home are covered under TRICARE Prime as long as the patient’s primary care manager is notified within 24 hours of the emergency treatment. Without this notification, claims may be paid as point of service.

For TRICARE Prime beneficiaries traveling away

from home, urgent care may be approved by the health care finder when the required PCM referral is obtained in advance. Routine medical care that can be anticipated for out-of-area TRICARE Prime members is covered under the point of service option.

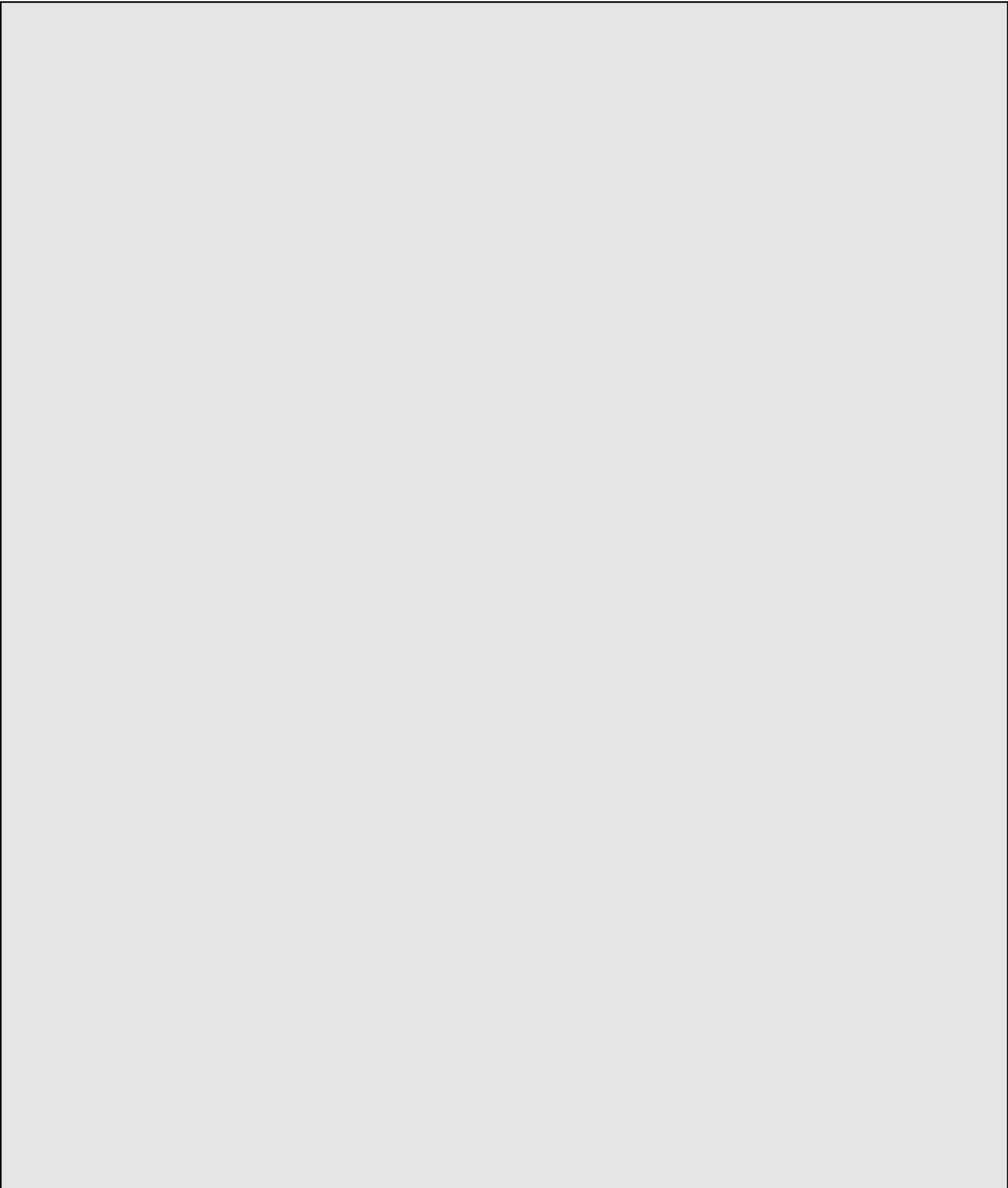
**TRICARE Standard coverage for non-residents**

Under TRICARE, care rendered to non-resident

TRICARE Standard beneficiaries by TRICARE-authorized providers is covered under the TRICARE Standard benefit. Claims for TRICARE Standard beneficiaries must be processed by the region in which the beneficiary resides. So when emergencies arise and you see a doctor while you are away from home, always make sure you give your home address.

These guidelines are also

discussed in the “Traveling with TRICARE” brochure, which is available at the Tyndall area TRICARE Service Center, 236 South Tyndall Parkway in Callaway. You might want to pick up a copy of the brochure and take it along the next time you travel. Knowing that you can take advantage of your TRICARE benefits when you are away from home means you can rest easy — and enjoy your trip.



TRICARE is here to help. If you need assistance, call your TRICARE service center, (800) 444-5445

**Thinking about getting out? Think again!**

*Get the facts first. Call Chief Master Sgt. Ron Georgia, 325th Fighter Wing career assistance adviser at 283-2222 (283-Career Assistance Anytime).*



## Your link to what's going on

# Gulf Guide

## in the Tyndall community

### DECEMBER

FRI

1

#### TSU registration

Registration for Troy State University's Term III is today through Dec. 15 and Jan. 2-5, 2000 in the education building.

For more information, call the education center, 283-4449.

#### FSU admission deadline

The spring semester admission deadline for Florida State University's Panama City campus is today. Applications, application fees and supporting documentation must be submitted by the end of the day. For more information, call the office of admissions, 522-2001.

#### 'Pop's Pride' Christmas

The Croom family's 'Pop's Pride' Christmas village display is open today through Dec. 31 at 605 N. Gay Ave. in Callaway. The display is open to the public 4-8 p.m. Tuesdays-Fridays and 1-8 p.m. Saturdays and Sundays. It will be closed Dec. 24-25. The 900 square-foot display of more than 400 miniature houses is free of charge and includes everything from farmland scenes to the North Pole. For more information, call Maurice or Annette Croom, 871-2629 or visit their web site at: [www.PopsPride.com](http://www.PopsPride.com).

MON

4

#### Empty stocking food program

The Salvation Army's empty stocking food program will have a toy and food distribution Dec. 21. Volunteers are needed

11 a.m. Dec. 4 and 8 a.m. Dec. 5-7 for sorting and packing and 8 a.m. Dec. 21, the distribution day. The program aids over 5,500 needy families in Bay and surrounding counties. For more information, call Tech. Sgt. Rob Reams, 283-2496.

#### Anger-management workshop

A three-session anger-management workshop will be 1-3 p.m. Monday, Dec. 11 and 18 in the family advocacy conference room. For more information, call family advocacy, 283-7272.

#### TROA seminar

The Retired Officers Association's free, two-hour seminar, 'Marketing Yourself For a Second Career' will be 8-10:30 a.m. Monday in the NCO Academy auditorium. The seminar is for officers, senior NCOs and their spouses interested in transitioning from military to civilian employment. For more information, call the family support center, 283-4204.

#### 'Moms, Pops & Tots'

The parent and child interaction play group, "Moms, Pops & Tots", for parents and their under-age-5 children meets 9:30-11 a.m. every Monday at the youth center. For more information, call 286-5812.

TUE

5

#### Special friends Christmas party

The 18th Annual Tyndall Special Friends Christmas Party, sponsored by the Company Grade Officers' Council, will be 9-11:30

a.m. Tuesday at the Pelican Reef Enlisted Club. Volunteers are needed to bake and hand out cookies, decorate, fill goodie bags, clean up and spend time with students. To volunteer, call 2nd Lt. Jen Olsen, 283-4978.

#### Civil Air Patrol meeting

Civil Air Patrol meetings for boys and girls 12 years old and up will be held 6:30-8:30 p.m. every Tuesday in Building 852. The CAP offers local and national activities with a focus on educational and professional development. For more information, call Capt. Laura Palm, 283-4189.

#### TAP workshop

A three-day transition-assistance program workshop will be 8 a.m.-4:30 p.m. Tuesday-Thursday for those leaving the military within the next 180 days. Topics will include analyzing skills, setting personal goals, starting the job search, resume writing, interview skills, Veteran Affairs benefits and more. Spouses and Department of Defense civilians are welcome. For more information or reservations, call the family support center, 283-4204.

WED

6

#### GCCC registration

Registration for Gulf Coast Community College's spring semester will be 9 a.m.-5 p.m. Wednesday in the base education office. For more information, call the education center, 283-4332.

#### Policy on holiday decorations

Tyndall family housing residents should adhere to the following holiday decoration policies. To conserve energy, hours for outside holiday lighting and decorations are 5-11 p.m. Wednesday through Jan. 6, 2000. Exterior lights are restricted to a maximum of 500 bulbs, including all 'icicle' lights. Lawn displays are permitted, but if illuminated, a maximum of two floodlights is allowed. Decorations on the roof are not permitted. All lighting and wiring must be United Laboratories approved. Do not overload electrical circuits with multiplug extension cords, and do not use flammable liquids or open flames for decoration. For more information, call the housing office, 283-8141.

#### Breast-examination class

The American Cancer Society's Triple Touch self-breast-examination class will be Wednesday in the health and wellness center. For more information or to register, call the health and wellness center, 283-7024.

#### Stress-management workshop

A three-session stress-management workshop will be 1-3 p.m. Wednesday, Dec. 13 and 20 in the family advocacy conference room. For more information, call family advocacy, 283-7272.

### NOTES

#### Saudi Arabia mail restrictions

Anyone planning to mail items to family members deployed in Saudi Arabia should be advised that the Saudi Arabia customs officials who screen all incoming U.S. mail are confiscating any Santa Claus-related items, including gift

wrapping. Items that are confiscated are not returned.

#### Sponsor training

Sponsor training is available at the family support center and within the individual units by the unit intro monitor. A list of intro monitors is available on the Tyndall home page at: [www.tyndall.af.mil/sponsor.htm](http://www.tyndall.af.mil/sponsor.htm). For more information, call the family support center, 283-4204.

#### Aviators' web page

A new site on Tyndall's public web page, mid-air collision avoidance, provides information for pilots who fly in the Florida panhandle. The site includes frequencies for contacting the air traffic center as well as procedures for operating private aircraft around military operating areas. The site is accessible by going to the Tyndall home page, [www.tyndall.af.mil](http://www.tyndall.af.mil) and clicking on the MACA button. For more information, call Gene Wintersole, 283-4148.

### RETIREE NEWS

#### Expanded health-care benefits

Medicare-eligible uniformed services retirees, their spouses and survivors who are age 65 and over will be entitled to expanded health-care benefits under legislation signed by President Clinton Oct. 30. The new benefits include coverage under TRICARE and pharmacy coverage.

April 1 is the start date for eligible beneficiaries to receive pharmacy benefits, to include access to military treatment facility pharmacies, the National Mail Order Pharmacy program and retail pharmacies. Beneficiaries who currently are age 65 or older or who will be 65 before April 1 will be eligible to use the pharmacy benefit without being enrolled in Medicare Part B. Those who turn 65 on or after April 1 will need to be enrolled in Medicare Part B in order to use the pharmacy benefit.

According to TRICARE Management Activity officials, who will administer the new benefit, eligible seniors should not immediately cancel their current Medigap insurance coverage. The officials said eligible beneficiaries should do two things now to ensure their future eligibility for TRICARE benefits. First, they should update their Defense Enrollment Eligibility Reporting System record with their correct address and any changes in family status such as marriage, divorce, birth or adoption.

Retirees may update DEERS by going to the nearest military personnel office. The Military Personnel Flight at Tyndall is located in the 325th Fighter Wing headquarters building, Suite 211. Changes can also be e-mailed to: [addrinfo@osd.pentagon.mil](mailto:addrinfo@osd.pentagon.mil) or mailed to the DEERS Support Office, Attention: COA, 400 Gigling Road, Seaside, CA 93955-6771. Retirees may also call the toll-free number for the DEERS Support Office, (800) 538-9552.

Second, eligible beneficiaries should enroll in Medicare Part B if they haven't already. For details on enrollment in Part B, beneficiaries may call the Social Security Administration's toll-free number, (800) 772-1213, or visit any Social Security office. Information can also be found on the Medicare web site at: <http://medicare.gov>.

### YARD SALES

The following yard sales are scheduled for Saturday: 2730 Eagle Drive and 2841-A Phantom St. All yard sales are held between 8 a.m.-4 p.m.

### BASE THEATER

**Today:** "The Little Vampire" (PG, some mild peril, 94 min.)

**Saturday:** "Meet the Parents" (PG-13, sexual content, drug references, language, 108 min.)

**Sunday:** "Pay it Forward" (R, mature thematic elements, substance abuse and recovery, some sexual situations, language and brief violence, 125 min.)

**Thursday:** "Pay it Forward"

# Hunter safety paramount during deer season

*Courtesy of the 325th Fighter Wing ground safety office*

Many military and civilians participated in hunting during November on Tyndall. Several types of hunting programs are currently underway including bow hunting and special youth hunts. The general gun season for deer opened Nov. 23. A safety reminder for everyone is to visit the 325th Civil Engineer Natural Resource Flight, located in Building 1260, for permits and maps before entering wooded areas for any reason.

The good news, from a safety perspective, is while there are more hunters in the woods each year in Florida, hunting mishaps continue to decline. Unfortunately, too many people are still injured while hunting. In 1998, there were 1,100 injuries and 107 deaths related to hunting mishaps across the United States. And don't think it only happens somewhere else. Five years ago a Team Tyndall member was shot and seriously injured by another hunter on the Tyndall hunting reservation. There is really no such thing as a hunting

accident. In every mishap at least one of the basic firearm safety rules was broken. Consider the following key points if you plan to hunt this fall:

- Always treat your weapon as if it were loaded.
- Don't load your weapon until you're in the area where you intend to shoot.
- Never point your weapon at anything you don't intend to shoot.
- Keep the safety on until you're actually ready to shoot.
- Be sure of your target (and what's behind

it) before you fire your weapon.

- Make sure to wear bright clothing (blaze orange) to increase your chances of being seen by other hunters.

Remember the most important safety feature of a weapon — is the person holding it. Enjoy the sport but ensure that you and everyone in your party thinks safety and follows the firearm safety rules while hunting. For more information about Tyndall's natural resources and permits to enter these areas, call 283-2641. For ground safety information, call 283-4231.

## Spotlight



2nd Lt. Chuck Lee

### Senior Airman Harold L. Ellwanger III

**Squadron:** 325th Maintenance Squadron

**Job title:** Munitions operations representative

**Years at Tyndall:** One year, six months

**Hometown:** Wilmington, Del.

**Why did you join the Air Force:** To serve my country and keep a family tradition alive.

**Most exciting facet of your job:** Being in ammo gives me the opportunity to provide the finest Air Force in the world with the punch needed to defeat any enemy on any battlefield.

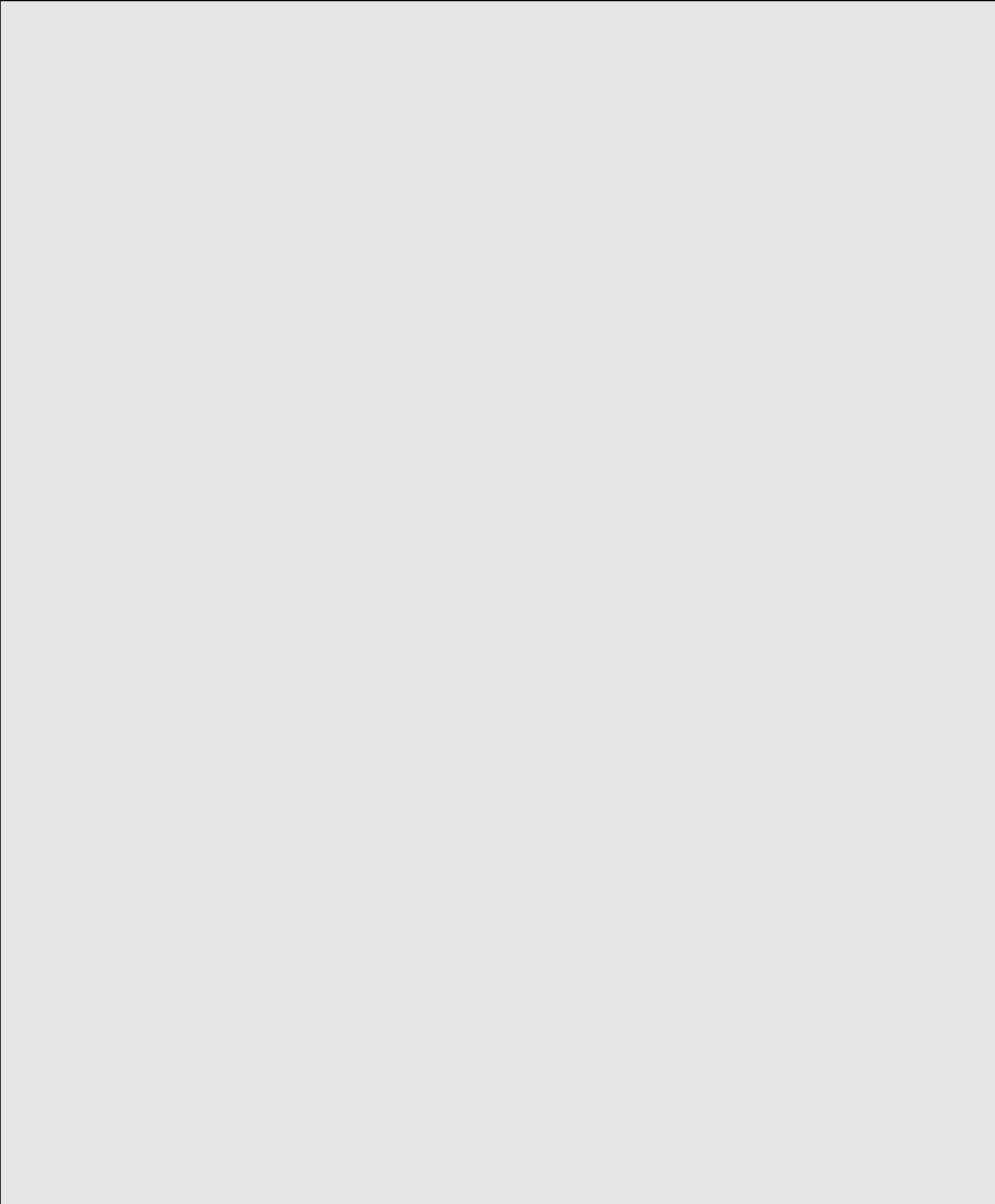
**Short-term goals:** Finish a few more classes and earn a bachelor's degree in psychology.

**Long-term goals:** To have a good, solid military career.

**Favorite book:** "Guinness Book of World Records"

**Favorite movie:** "Dr. Strangelove"

**Hobbies and off-duty activities:** Spending time with my wife, college classes and self-improvement activities.





# Sports and Fitness

## Bowling center serves up taste of home

**Marcia A. Robertson**  
*325th Services Squadron  
marketing*

Dottie Waggoner knows home cooking. At her house, she regularly serves five. But by the time the grandchildren and great-grand children show up, the final number at mealtime is anybody's guess.

"I never know how many I'm cooking for at

home," Dottie said. "The more you cook for, the better it is."

That's a good attitude to have — especially since Dottie, a 325th Services Squadron cook, works at the Raptor Lanes Bowling Center. With the recent additions to the bowling center's hamburger and pizza fare, she can expect a lot more customers.

The center now offers fried chicken every Monday, meat loaf every Wednesday, and open-

faced roast beef sandwiches with gravy every Friday.

"I love cooking," Dottie said. Although she has been at the bowling center this time since 1998, her Team Tyndall roots go back to the early 1970s. At that time, the snack bar consisted of a microwave and pizza oven and the menu was limited. When the snack bar expanded a few years ago, more could be offered and Dottie returned. "I guess I'm a glutton for punishment," she said.

The new items are selling well and there are plans to offer even more selections in the future.

"We haven't advertised," said George Fetzko, 325th Services Squadron bowling center manager. "It's all been done by word of mouth."

Although the bowling center does not deliver, many Tyndall airmen call in orders for pick-up.

Dottie encourages people to come by the snack bar for a meal.

"I love cooking for other people as long as they let me know they appreciate it," she added.

For more information, call 283-2380, or check out Page 16 for hours at Raptor Lanes.



Marcia A. Robertson

Dottie Waggoner, 325th Services Squadron cook, fries chicken on Mondays at the Raptor Lanes Bowling Center.

## Tips to healthier, easier running

*Courtesy of the U.S. Track and Field Association*

Running injuries are quite common among both amateurs and professionals. But many can be reduced through proper conditioning and training, apparel and footwear selection and awareness of the running environment. Follow these guidelines to be safe:

- Plan a progressive running program to prevent injuries. A five-minute warm-up, followed by stretching exercises, is essential before starting a run. Following the run, stretching again is important, because muscle tears that may have occurred will heal better.
- You can lose between six and 12 ounces of fluid for every 20 minutes of running. Drink 10-15 ounces of fluid 10 to 15 minutes prior to running and every 20 to 30 minutes along your route. Weigh yourself before and after a run. For every pound lost, drink one pint of fluid.
- When selecting a running shoe, look for good shock absorption and construction that will provide stability and cushioning to the foot. Make sure that there is a thumbnail's width between the end of the longest toe and the end of the shoe. Buy shoes at the end of the day when the foot is the largest.
- Sixty percent of a shoe's shock absorption is lost after 250-500 miles of use, so people who run up to ten miles per week should consider replacing their shoes every nine to 12 months.



**Thinking about  
getting out?  
Think again!**

*Get the facts first. Call  
Chief Master Sgt. Ron  
Georgia, 325th Fighter  
Wing career assistance  
adviser at  
283-2222.*



Steven Wallace

**Fore!**  
Jeanette Donnelly drives a shot off the tee at the Pelican Point Golf Course. Donnelly hit a hole-in-one Nov. 10 at hole nine with a 5-wood. The 121-yard shot was her second hole-in-one this year.

Sports Shorts

• The Tyndall Tigers and Lady Tigers will host the Columbus AFB Blaze this weekend in a Southeastern Military Athletic Conference game. The women's league plays 2 p.m. Saturday and 11 a.m. Sunday. The men's league plays at 4 p.m. Saturday and 1 p.m. Sunday. For more information, call the Tyndall fitness center, 283-2631.

• Bowl a few frames at Raptor Lanes. The hours of operation are listed below.  
**Monday to Wednesday;** 10 a.m. to 10 p.m.  
**Thursday;** 9 a.m. to midnight  
**Friday;** 10 a.m. to 2 a.m.  
**Saturday;** 9 a.m. to 2 a.m.  
**Sunday;** 1 to 8 p.m.  
For more information on hours of operation, birthday parties or for any questions, call Raptor Lanes, 283-2380.

Tyndall classifieds

- Disney VHS tapes, \$8 each. The Lion King, White Fang 2, The Aristocats, Pocahontas, The Jungle Book, Parent Trap, A Kid in King Arthur's Court. Call 286-8089 for more information.
- 1991 Vulcan 500 motorcycle, 10,000 miles, excellent condition, two helmets, vests, more. Asking \$1,925. Call Brian for more details, 871-2380.
- 1993 Ford Mustang, 5.0, excellent condition. New paint, new tires, 60,000 miles, \$9,000 OBO. Call 871-0816.

Intramural golf standings

Squadron	Points
CONR 1	67
CES	64
AFCESA	62
TRS	60.5
MXS	56.5
SVS	56
MSS	54
SEADS	44
LSS 1	39
TEST 1	38
RHS	32
CONR 2	31
81 TSS	22.5
COMM	21
CONR 3	18.5
372 TRS	18
LSS 2	5.5